SISTAHFRIENDS
2202 S. Figueroa Street, Suite #108
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Eldercare Services

SistahFriends is committed to ensuring that our Black women elders live out their remaining years of their lives with dignity, independence, and self-determination. In order to assist with this endeavor, Sage Sistahs has an Eldercare Services program. Eldercare Services is a Geriatric Care management program specializing in the geriatric needs of African-American elderly, frail women who need some assistance with activities of daily living and desire to live independently in their home. Eldercare Services provides in-home visitation and companionship support, care planning assessments, mental health counseling, emotional support, assistance to families caring for their aged loved ones, assists faith-based organizations in coordinating eldercare services for their elder congregants, and provides geriatric consultation. Eldercare Services works with families, individuals, and community social service agencies to ensure that Black women elders are able to have an overall quality of life for their remaining years.

"Caring For Ourselves and Each Other"

Soul Sistahs

Soul Sistahs explores, encourages, supports, and fosters Spirituality. Soul Sistahs embraces the broader meaning of Spirituality involving humankind's ultimate nature to develop a unique relationship to that which is beyond the physical and material. Spirituality includes having a sense of purpose and life significance, having values, beliefs, standards and ethics that are practiced; having an increased connection with self, others, God/Spirit/Divinity, and Nature; and having a feeling of becoming, an unfolding of life that calls for reflection and experience, including a sense of who we are and how we know. Soul Sistahs supports the existence of many spiritual paths and does not advocate a particular path to follow. Soul Sistahs emphasizes the importance of finding your own path which makes the most coherent sense and becomes the current path for one's self.

Girlfriends

Girlfriends is a peer mentoring program that pairs underachievers with high achievers in academic, athletic, cultural arts, health, and employment preparation programs. The overall objective of Girlfriends is to help young women develop positive identity, maximize their talents, gifts, and potential, and increase the likelihood of future success and personal and professional achievement.

Sistah Artists

Sistah Artists encourages and fosters cultural and creative expression in the Arts in all mediums including, but not limited to, literature, performance art, visual arts, theater, dance, music, drama and all other artistic mediums.

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Who Are We?

We are a non-profit 501 (c) 3 organization dedicated to the emerging emotional, psychological, social, spiritual, artistic, health, physical enrichment, and well-being needs of African-American women. SistahFriends is comprised of women with shared interests, goals, objectives, values, and needs that require social support to help us continue to care for ourselves, our loved ones, and each other. We are a socially supportive, informational and educational network where women can gather to express and explore their unique authentic selves.

Why We Need SistahFriends

There is a need to care for the Black Woman who cares for everyone else and prioritizes everyone else's needs above her own. Black Women are the nurturers within American culture, the nurturers of the African-American family, and the nurturers within the Black church. They nurture their children, the children of others, their grandchildren, their spouses and significant others, their relatives and/or extended family members, their parents, their friends, their church members, their co-workers, their bosses, and their other loved ones. But who is nurturing the Black Woman? When Black Women have sacrificed themselves in the service for others, who nurtures them? Who provides the caregiving for them? SistahFriends is a collective of Black Women sister-friends who desire to nurture and care for the Black Women who so compassionately care for others. SistahFriends serves as the caregiver to our Black Women to ensure that our beloved sistahs are able to better care for themselves and each other.

What Do We Do?

SistahFriends offers programs, services, activities, and events which may include workshops, discussion groups, forums, seminars, and conferences to help African-American women to take better care of themselves and each other. SistahFriends also provides a series of community self-help activities and events to help women connect to each other for moral and social support, share valuable resources and information for sustaining health and well-being while often coping with multiple and competing priorities that may include family, work, spirituality, personal and professional development. SistahFriends has several projects and programs, which include Sage Sistahs, Eldercare Services, Sistah Care Wellness Program, Soul Sistahs, Girlfriends, and Sistahs in The Arts.

Sage Sistahs

Webster's Dictionary defines "sage" as "wise." Sage is also a healing herb that is used in both cooking and is burned to cleanse one's personal space. In the African cultural tradition, the elders are held in high regard and high esteem. Here at SistahFriends, we recognize and honor our Black women elders and pay homage to their legacy. Sage Sistahs comprises women age 60 and older who desire to be of service to Black women of all ages. They serve as counselors, role models, mentors, advisors and also host activities, events, workshops, and discussion groups in which women of all ages are welcome.

SistahCare Wellness Program

As primary caregivers and nurturers of loved ones and others, most often the quality of life for Black Women is impaired by their overwhelming multiple and competing caregiving priorities. This frequently results in the de-prioritization of their care and nurturing needs, which regrettably results in chronic and/or acute illness, disease, and shorter life spans. The SistahCare Wellness Program offers supportive counseling, self-help support groups, dialogue, sharing, caring, and collective nurturing for women who are at risk of or experiencing chronic, acute and/or life-threatening illnesses. Given the startling statistics gathered by the National Center for Health Statistics, African-American women are facing a cataclysmic health care crisis of epidemic proportions. Black Women are in urgent need of a lifestyle metamorphosis, which includes, but is not limited to, self-prioritization and preservation, illness prevention, self-care and a lot of sisterly love and support from the sisterhood of SistahFriends.

- Although African-American women comprise only 13.1% of all women in the United States, mortality rates for African-American women are higher than any other racial/ethnic group for nearly every major cause of death including heart disease, lung cancer, cerebrovascular disease, breast cancer, and chronic obstructive pulmonary disease.
- The frequency of premenopausal breast cancer in African-American women is twice the rate of Caucasians.
- African-American women represent 71% of the newly diagnosed cases of HIV infections.

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